

# Self-Care Checklist For Youth, by Youth



1

**Take care of yourself in different ways.  
(mental, physical, emotional, spiritual)**



**Use the time to take a break,  
develop new interests &  
routines.**

2

3

**Exercise. It helps!**



4

**Eat well.  
Sleep well.**



5

**Connect with others. But  
also don't spend too much  
time on social media.**

6

**Pause. Stop  
overthinking. Relax.  
No negative self talk!**

